

# MyPyramid Plan for Preschoolers

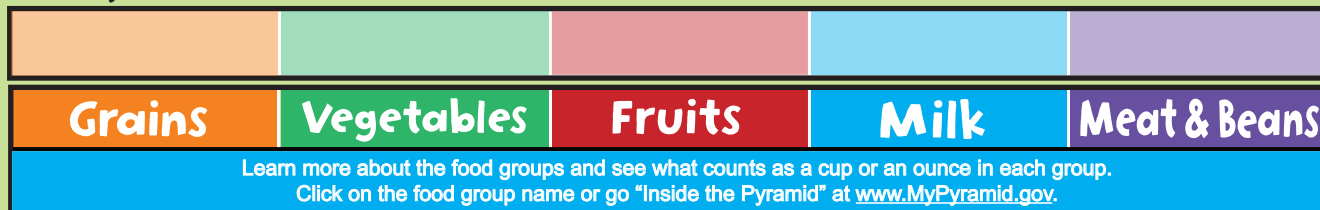
for: \_\_\_\_\_

Here is a customized MyPyramid Plan for your preschooler. Use it as a general guide for what and how much to offer your child each day. You don't have to be exact in these amounts every day. Try to balance the amounts over a few days or a week.



**Put this Plan into action with meal and snack ideas.**

- Offer different foods from day to day. Encourage your child to choose from a variety of foods.
- Serve foods in **small portions** at **scheduled meals and snacks**.
- Beverages count too. Make **smart beverage choices**.



Limit **Extras** (solid fats & added sugars) to \_\_\_\_\_ calories. Use the **MyPyramid Menu Planner** to find the number of calories from Extras in your meals.

**Oils** are different from solid fats. Your child's allowance is \_\_\_\_\_ teaspoons of Oils a day.

Choose and prepare foods with little or no **salt**.

